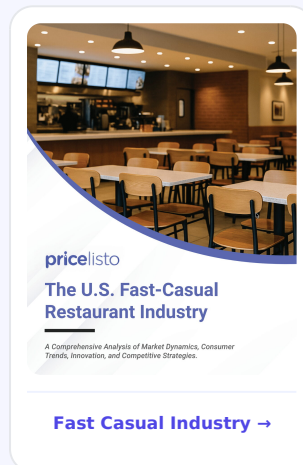




Bowl'd (NZ)

Menu Prices — July 31, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Picked for you

ITEM	PRICE
Bowl and Smoothie Combo Your choice of x1 bowl + your choice of x1 Smoothie	\$23.50
Korean BBQ Bowl (Small) Un bol rempli de saveurs coréennes, avec un choix de bœuf barbecue ou de poulet sur un lit de riz brun. Accompagné de br...	\$18.50
Korean BBQ Bowl (Regular) Optez pour un steak ou du poulet grillé à la coréenne accompagné de riz brun. Le bol est orné de brocoli grillé, kimchi,...	\$20.90
Donburi Bowl (Small) Your choice of teriyaki chicken, teriyaki prawns or vegan teriyaki broccoli on brown rice with grilled broccoli, cabbage...	\$18.50
Donburi Bowl (Regular) Choisissez entre du poulet teriyaki, des crevettes teriyaki ou du brocoli teriyaki végétalien, servis sur un lit de riz...	\$20.90
Mexican Fiesta Bowl (Small) Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...	\$18.50
Mexican Fiesta Bowl (Regular) Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...	\$20.90
Buddha Bowl (Small) Une sélection de falafels ou de crevettes, reposant sur un lit de riz brun et d'épinards, agrémenté d'avocat écrasé, de...	\$18.50
Buddha Bowl (Regular) Your choice of falafel or prawns on brown rice and spinach with smashed avocado, grilled broccoli, pickled beetroot, cab...	\$20.90

Limited Time Only Combos

ITEM	PRICE
Dinner for the Family false	\$54.90
Bowl and Smoothie Combo (Limited Time Only Combos) Your choice of x1 bowl + your choice of x1 Smoothie	\$23.50

Bowls

ITEM	PRICE
Mexican Fiesta Bowl (Small) (Bowls) Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...	\$18.50
Mexican Fiesta Bowl (Regular) (Bowls) Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...	\$20.90
Korean BBQ Bowl (Small) (Bowls) Choisissez entre un steak barbecue coréen ou du poulet, servis sur un lit de riz brun. Ce bol inclut du brocoli grillé,...	\$18.50
Korean BBQ Bowl (Regular) (Bowls) Choisissez entre un steak ou du poulet grillé à la mode BBQ coréenne accompagné de riz brun. Ce bol savoureux inclut éga...	\$20.90
Donburi Bowl (Small) (Bowls) Optez pour du poulet teriyaki, des crevettes teriyaki ou du brocoli teriyaki végétalien, posé sur un lit de riz brun. Ac...	\$18.50
Donburi Bowl (Regular) (Bowls) Your choice of teriyaki chicken, teriyaki prawns or vegan teriyaki broccoli on brown rice with grilled broccoli, cabbage...	\$20.90
Buddha Bowl (Small) (Bowls) Your choice of falafel or prawns on brown rice and spinach with smashed avocado, grilled broccoli, pickled beetroot, cab...	\$18.50
Buddha Bowl (Regular) (Bowls) Choisissez entre falafel ou crevettes, déposés sur un lit de riz brun et épinards. Ajoutez-y de l'avocat écrasé, du broc...	\$20.90

ITEM	PRICE
Middle Eastern Kebab Bowl (Small)	\$18.50
Agneau grillé et falafel sur un lit de riz brun, accompagnés de chou-fleur grillé, épinards, mélange de chou, oignons ma...	
Middle Eastern Kebab Bowl (Regular)	\$20.90
Grilled lamb & falafel on brown rice with grilled cauliflower, spinach, cabbage mix, pickled onions, feta, cranberries,...	
Meze Bowl (Small)	\$18.50
Falafel on brown rice with grilled halloumi and cauliflower, spinach, pickled beetroot, carrot, tomato kasundi, hummus,...	
Meze Bowl (Regular)	\$20.90
Falafel on brown rice with grilled halloumi and cauliflower, spinach, pickled beetroot, carrot, tomato kasundi, hummus,...	

Vegan and Vegetarian Bowls

ITEM	PRICE
Vege Mexican Fiesta Bowl (Small)	\$18.50
Un mariage savoureux de galette de haricots noirs grillés et de kumara, accompagné de maïs croquant, carottes, poivrons,...	
Vege Mexican Fiesta Bowl (Regular)	\$20.90
Grilled black bean pattie and kumara, corn, carrot, capsicum and mixed beans with chipotle, brown rice, lettuce, cheese,...	
Vegan Donburi Bowl (Small)	\$18.50
Grilled teriyaki broccoli on brown rice with cabbage mix, edamame beans, pickled ginger, bean sprouts, vegan mayo, and s...	
Vegan Donburi Bowl (Regular)	\$20.90
Brocoli grillé au teriyaki sur un lit de riz brun, accompagné d'un mélange de chou, haricots edamame, gingembre mariné,...	
Meze Bowl (Small) (Vegan and Vegetarian Bowls)	\$18.50
Falafels posés sur un lit de riz brun avec halloumi grillé et chou-fleur, accompagnés d'épinards, betteraves marinées, c...	
Meze Bowl (Regular) (Vegan and Vegetarian Bowls)	\$20.90
Falafels sur lit de riz brun, accompagnés de halloumi grillé et chou-fleur, épinards, betteraves marinées, carottes et k...	
Vegan Meze Bowl (Small)	\$18.50
Sur un lit de riz brun, retrouvez des falafels croquants accompagnés d'avocat écrasé. La douceur du chou-fleur grillé se...	
Vegan Meze Bowl (Regular)	\$20.90
Falafel on brown rice with smashed avocado, grilled cauliflower, spinach, pickled beetroot, carrot, tomato kasundi, humm...	
Vege Buddha Bowl (Small)	\$18.50
Grilled Falafel on brown rice with spinach, smashed avocado, grilled broccoli, pickled beetroot, cabbage mix, pickled on...	
Vege Buddha Bowl (Regular)	\$20.90
Grilled Falafel on brown rice with spinach, smashed avocado, grilled broccoli, pickled beetroot, cabbage mix, pickled on...	

Kids Bowls

ITEM	PRICE
Kids Chicken Donburi Bowl	\$14.50
Poulet teriyaki sur riz brun, accompagné de brocoli grillé, mélange de chou, fèves edamame, graines de sésame et mayonna...	
Kids Korean BBQ	\$14.50
Your choice of Korean BBQ steak or chicken, on brown rice, broccoli, cucumber, cabbage mix a grilled egg with kewpie may...	

Sides, Smoothies & Dessert

ITEM	PRICE
Sesame Grilled Broccoli	\$10.00
Grilled Broccoli, drizzled in kewpie mayo, sesame seeds & a side of sesame soy mayonnaise. (gf)	
Berry Glow	\$10.00
Un tourbillon de framboises, fraises et bleuets, rehaussé par la douceur exquise de la mangue et la fraîcheur du jus de...	

